

NUTRIENT DENSE FOODS

Fat-Soluble Vitamins

	HIGHEST SOURCE	GOOD SOURCE	FAIR SOURCE
VITAMIN A	<ul style="list-style-type: none"> Beef liver Chicken liver Eel Fish liver Fish liver oil Lamb liver Pork liver Turkey liver 	<ul style="list-style-type: none"> Beef kidney Carrots Caviar Kale 	<ul style="list-style-type: none"> Beet greens Butternut squash Collard greens Dandelion greens Lettuce Mustard greens Pumpkin Spinach Swiss chard Turnip greens
VITAMIN D	<ul style="list-style-type: none"> Sunlight exposure 	<ul style="list-style-type: none"> Catfish Caviar Fish liver Fish liver oil Herring Oysters Pastured pork fat Sardines Shrimp 	<ul style="list-style-type: none"> Beef kidney Beef liver Clams Cod Flounder Sole
VITAMIN E	<ul style="list-style-type: none"> Olive oil Red palm oil 	<ul style="list-style-type: none"> Abalone Conch Eel Passionfruit Roe Snapper 	<ul style="list-style-type: none"> Avocado Anchovies Beef tallow Beet greens Collard greens Dandelion greens Duck fat Mutton tallow Raddichio Taro Turnip greens
VITAMIN K	<ul style="list-style-type: none"> Arugula Beet greens Brussels sprouts Collard greens Dandelion greens Endive Fermented foods Kale Lettuce Mustard greens Raddichio Spinach Spring onion/scallion Swiss chard Turnip greens Watercress 	<ul style="list-style-type: none"> Asparagus Broccoli Cabbage Celeriac Leek Olive oil 	<ul style="list-style-type: none"> Banana Celery Cucumber Pomegranate Rhubarb

Water-Soluble Vitamins

	HIGHEST SOURCE	GOOD SOURCE	FAIR SOURCE
VITAMIN C	<ul style="list-style-type: none"> Broccoli Brussels sprouts Blackberries Cantaloupe Kale 	<ul style="list-style-type: none"> Apple Beef spleen Beef thymus Cherries Mustard greens Pear Plantain Strawberries Valencia orange 	<ul style="list-style-type: none"> Beet greens Cabbage Cauliflower Clementine Cucumber Dandelion greens Garlic Kohlrabi Lemon Navel orange Raspberries Rutabaga Spinach Starfruit Swiss chard
VITAMIN B1	<ul style="list-style-type: none"> Beef kidney Goose liver Lamb kidney Pork heart Pork meat Venison meat 	<ul style="list-style-type: none"> Antelope meat Chicken liver Lamb kidney Pork heart 	<ul style="list-style-type: none"> Catfish Beef meat Chicken meat Duck meat Yellowfin tuna
VITAMIN B2	<ul style="list-style-type: none"> Beef kidney Beef liver Chicken liver Lamb kidney Lamb liver Pork kidney Pork liver Turkey liver 	<ul style="list-style-type: none"> Beef heart Chicken heart Lamb heart Pork heart 	<ul style="list-style-type: none"> Anchovies Antelope Beef spleen Caviar Goat meat Mackerel Pork shoulder Salmon
VITAMIN B3	<ul style="list-style-type: none"> Anchovies Beef liver Lamb liver Pork liver 	<ul style="list-style-type: none"> Beef meat Chicken liver Lamb meat Mackerel Swordfish Tuna 	<ul style="list-style-type: none"> Chicken meat Fiddlehead fern Halibut Pheasant Pork meat Rabbit Salmon Turkey meat
VITAMIN B5	<ul style="list-style-type: none"> Beef liver Chicken liver Lamb liver Pork liver Turkey liver 	<ul style="list-style-type: none"> Beef kidney Caviar Chicken heart Lamb kidney Pork heart Pork kidney 	<ul style="list-style-type: none"> Avocado Beef heart Lamb heart Lobster
VITAMIN B6	<ul style="list-style-type: none"> Beef liver Lamb liver Pork liver Turkey liver 	<ul style="list-style-type: none"> Beef meat Bison meat Garlic Lamb meat Pork meat Salmon Turkey meat Yellowfin tuna 	<ul style="list-style-type: none"> Bass Chicken meat Coconut milk Cod Mackerel Octopus Snapper Tuna
VITAMIN B12	<ul style="list-style-type: none"> Beef meat Beef organs (liver, heart) Clam Lamb meat Lamb organs (liver, heart) Sardines 	<ul style="list-style-type: none"> Bass Bison meat Caviar Chicken organs (liver, heart) Herring Mackerel Oysters Pork organs (liver, heart) Salmon Snapper Tuna Turkey organs (liver, heart) 	<ul style="list-style-type: none"> Chicken meat Halibut Pork meat Rabbit Scallop Shrimp Swordfish Trout Turkey meat

Minerals

	HIGHEST SOURCE	GOOD SOURCE	FAIR SOURCE
CALCIUM	Anchovies Caviar Sardines	Arugula Bone broth Collard greens Dandelion greens Garlic Kale Turnip greens	Beet greens Broccoli rabe Mustard greens Rhubarb Spinach Watercress
COPPER	Beef liver Lamb liver Lobster Oysters Squid	Beef heart Beef kidney Chicken liver Clam Crab Lamb heart Pork liver Shrimp	Chicken heart Coconut meat Dates Fiddlehead fern Garlic Kale Radicchio Raisins Turnip greens
IODINE	Kombu Wakame	Cod Haddock Herring Nori Oysters Scallops	Clams Crab Lobster Mackerel Mussels Shrimp Sardines Salmon Tuna
IRON	Beef liver Caviar Chicken liver Clam Lamb liver Pork liver	Beef heart Beef kidney Chicken heart Lamb heart Lamb kidney Octopus Oyster Pork heart Pork kidney	Asparagus Beef meat Beet greens Coconut Dandelion greens Jerusalem artichoke Leek Persimmon Rabbit Sardine Shrimp Spinach
MAGNESIUM	Caviar Conch Snail	Beet greens Halibut Mackerel Pollack Purslane Sardines Spinach Swiss chard Tuna	Artichoke Bass Coconut Cod Crab Dates Ginger Kale Mustard greens Oyster Plantain Shrimp Taro Turnip greens Winter squash
MANGANESE	Coconut meat Garlic Kale Mollusks Parsnip Spinach	Blackberries Coconut milk Oysters Pineapple Raspberries Salmonberries	Beet greens Broccoli Clams Endive Leek Plantain Strawberries Swiss chard Taro Turnip greens Yam

	HIGHEST SOURCE	GOOD SOURCE	FAIR SOURCE
POTASSIUM	<ul style="list-style-type: none"> Banana Beet greens Dates Durian Plantain Prune Raisins Spinach Taro Yam 	<ul style="list-style-type: none"> Avocado Bass Dandelion greens Fennel bulb Garlic Ginger Guava Halibut Jerusalem artichoke Kale Purslane Salmon Sardines Snapper Trout Tuna 	<ul style="list-style-type: none"> Artichoke Arugula Beef meat Beet Broccoli Brussels sprouts Carrot Cauiflower Celeriac Chicken meat Kholrabi Kiwi Mustard greens Parsnip Passionfruit Pork meat Pumpkin Squash Sweet potato Swiss chard Watercress
SELENIUM	<ul style="list-style-type: none"> Anchovy Beef kidney Caviar Lamb kidney Pork kidney Oysters Lobster Tuna 	<ul style="list-style-type: none"> Bass Cod Chicken liver Crab Haddock Mackerel Pollack Salmon Sardines Shrimp Snapper Squid Swordfish Tilapia 	<ul style="list-style-type: none"> Beef meat Bison meat Catfish Chicken meat Clams Eel Garlic Lamb meat Pike Pork meat Scallops Sturgeon Turkey meat Whitefish
ZINC	<ul style="list-style-type: none"> Crab Oyster Pork liver 	<ul style="list-style-type: none"> Beef meat Chicken organs (liver, heart) Lamb meat and organs Lobster Pork meat and organs Turkey meat 	<ul style="list-style-type: none"> Anchovies Chicken meat Clams Coconut meat Garlic Mollusks